

Coronavirus Disease 2019 (COVID-19)

Background: CDC is responding to an outbreak of respiratory disease caused by a novel (new) coronavirus that was first detected in China and which has now been detected in more than 100 locations internationally, including in the United States. The virus has been named “SARS-CoV-2” and the disease it causes has been named “coronavirus disease 2019” (abbreviated “COVID-19”).

Situation in the US: Different parts of the country are seeing different levels of COVID-19 activity. The United States nationally is currently in the initiation phases, but states where community spread is occurring are in the acceleration phase. The duration and severity of each phase can vary depending on the characteristics of the virus and the public health response.

Symptoms: Fever, Cough, Shortness of breath (Symptoms may appear in as few as 2 days or as long as 14 days after exposure).

Nonpharmaceutical Interventions (NPIs)

NPI's can slow the spread of emerging respiratory diseases like COVID-19.

CDC recommends individuals and families follow everyday preventive measures:

- Voluntary Home Isolation: Stay home when you are sick with respiratory disease symptoms. At the present time, these symptoms are more likely due to influenza or other respiratory viruses than to COVID-19-related virus.
- Respiratory Etiquette: Cover coughs and sneezes with a tissue, then throw it in the trash can.
- Hand Hygiene: Wash hands often with soap and water for at least 20 seconds; especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, use an alcohol-based hand sanitizer with 60%-95% alcohol.
- Environmental Health Action: Routinely clean frequently touched surfaces and objects
- Routine use of these measures by individuals and their families will increase community resilience and readiness for responding to an outbreak.

Additional Personal Protective Measures

During an outbreak in your community, CDC recommends the everyday preventive measures listed above (NPI's) —especially *staying home when sick*—and taking these additional measures:

- Keeping away from others who are sick (Avoid touching your eyes, nose, and mouth).
- Limiting face-to-face contact with others as much as possible
- Consulting with your healthcare provider if you or your household members are at high risk for COVID-19 complications
- Wearing a facemask if advised to do so by your healthcare provider or by a public health official
 - CDC does not recommend that people who are well wear a facemask to protect themselves from respiratory diseases, including COVID-19.
 - Facemasks should be used by people who show symptoms of COVID-19 to help prevent the spread of the disease to others. The use of facemasks is also crucial for health workers and people who are taking care of someone in close settings (at home or in a health care facility).
- Staying home when a household member is sick with respiratory disease symptoms, if instructed to do so by public health officials or a health care provider (Voluntary Home Quarantine)

Travel Notices/Advisories Definitions

CDC Travel Notices:

- Warning Level 3 (Red): Avoid all non-essential travel to this destination. The outbreak is of high risk to travelers and no precautions are available to protect against the identified increased risk.
- Alert Level 2 (Yellow): Practice enhanced precautions for this destination. The Travel Health Notice describes additional precautions added, or defines a specific at-risk population.
- Watch Level 1 (Green): Practice usual precautions for this destination, as described in the Travel Health Notice and/or on the destination page. This includes being up-to-date on all recommended vaccines and practicing appropriate mosquito avoidance.

State Department Travel Advisories:

Level 1: Exercise Normal Precautions

Level 2: Exercise Increased Caution

Level 3: Reconsider Travel

Level 4: Do Not Travel

Travel Updates/Restrictions

Effective 13 March: DoD uniformed personnel, civilian personnel and family members traveling to, from, or through Centers for Disease Control and Prevention (CDC) Travel Health Notices Level 3 (COVID-19) designated locations, will stop movement for the next 60 days. This includes all forms of official travel, including Permanent Change of Station, Temporary Duty, and government-funded leave.

Effective 13 March and for 60 days thereafter: Concurrent official travel for family members of DoD uniformed personnel and civilian personnel is denied to CDC Travel Health Notices Level 2 (COVID-19) designated locations.

Actions Upon Arrival from a CDC Level 3 and/or Level 2 Location: Service members who travel or have traveled in the prior 14 days to, through, or from a CDC Level 3 or Level 2 country will be placed under a 14-day restriction of movement (ROM). During the ROM (starting from the day of departure from the Level 3 or Level 2 country):

Civilian/Contractor Employees: DoD Components strongly recommends restricted DoD workplace access for 14 days for DoD civilian employees and contractor personnel who have traveled to Level 2 and Level 3 locations.

Travel/Information Websites

IMPORTANT NOTE: Remember, all Active Duty Military and Government Civilians who travel Outside the Continental United States (OCONUS) are required to receive the current Travel Advisory from the Mission Assurance Branch staff. Also, any Contractors or other personnel who would like to receive the current Travel Advisory information can contact us at (904) 696-3877 or (904) 696-5136.

Protective Measures: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
<https://www.cdc.gov/coronavirus/2019-ncov/communication/index.html>

Travel warnings: <https://travel.state.gov/content/travel.html>
<https://www.cdc.gov/coronavirus/2019-ncov/travelers/index.html>

Keeping the workplace safe

Encourage your employees to...

Practice good hygiene



- Stop handshaking – use other noncontact methods of greeting
- Clean hands at the door and schedule regular hand washing reminders by email
- Create habits and reminders to avoid touching their faces and cover coughs and sneezes
- Disinfect surfaces like doorknobs, tables, desks, and handrails regularly
- Increase ventilation by opening windows or adjusting air conditioning

Be careful with meetings and travel



- Use videoconferencing for meetings when possible
- When not possible, hold meetings in open, well-ventilated spaces
- Consider adjusting or postponing large meetings or gatherings
- Assess the risks of business travel

Handle food carefully



- Limit food sharing
- Strengthen health screening for cafeteria staff and their close contacts
- Ensure cafeteria staff and their close contacts practice strict hygiene

Stay home if...



- They are feeling sick
- They have a sick family member in their home

What every American and community can do now to decrease the spread of the coronavirus

Keeping the school safe

Encourage your faculty, staff, and students to...

Practice good hygiene



- Stop handshaking – use other noncontact methods of greeting
- Clean hands at the door and at regular intervals
- Create habits and reminders to avoid touching their faces and cover coughs and sneezes
- Disinfect surfaces like doorknobs, tables, desks, and handrails regularly
- Increase ventilation by opening windows or adjusting air conditioning

Consider rearranging large activities and gatherings



- Consider adjusting or postponing gatherings that mix between classes and grades
- Adjust after-school arrangements to avoid mixing between classes and grades
- When possible, hold classes outdoors or in open, well-ventilated spaces

Handle food carefully



- Limit food sharing
- Strengthen health screening for cafeteria staff and their close contacts
- Ensure cafeteria staff and their close contacts practice strict hygiene

Stay home if...



- They are feeling sick
- They have a sick family member in their home

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Keeping the home safe

Encourage your family members to...

All households



- Clean hands at the door and at regular intervals
- Create habits and reminders to avoid touching their face and cover coughs and sneezes
- Disinfect surfaces like doorknobs, tables, and handrails regularly
- Increase ventilation by opening windows or adjusting air conditioning

Households with vulnerable seniors or those with significant underlying conditions



Significant underlying conditions include heart, lung, kidney disease; diabetes; and conditions that suppress the immune system

- Have the healthy people in the household conduct themselves as if they were a significant risk to the person with underlying conditions. For example, wash hands frequently before interacting with the person, such as by feeding or caring for the person
- If possible, provide a protected space for vulnerable household members
- Ensure all utensils and surfaces are cleaned regularly

Households with sick family members



- Give sick members their own room if possible, and keep the door closed
- Have only one family member care for them
- Consider providing additional protections or more intensive care for household members over 65 years old or with underlying conditions

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Keeping commercial establishments safe

Encourage your employees and customers to...

Practice good hygiene



- Stop handshaking – use other noncontact methods of greeting
- Clean hands at the door, and schedule regular hand washing reminders by email
- Promote tap and pay to limit handling of cash
- Disinfect surfaces like doorknobs, tables, desks, and handrails regularly
- Increase ventilation by opening windows or adjusting air conditioning

Avoid crowding



- Use booking and scheduling to stagger customer flow
- Use online transactions where possible
- Consider limiting attendance at larger gatherings

For transportation businesses, taxis, and ride shares



- Keep windows open when possible
- Increase ventilation
- Regularly disinfect surfaces

What every American and community can do now to decrease the spread of the coronavirus